



PlumRus

n e w s

HELLO
August

LIFE GIVEN DIFFERENCE

LEWEGEWENDE VERSKIL



Happy Birthday to our Residents and Staff

4th	Gloria Meyer	R38D	91	English
6th	Anna Du Toit	R35	87	Afrikaans
7th	Jan Le Roux	F126	82	Afrikaans
8th	Noeland Peper	R31	89	English
10th	Julina Manuel	A4	82	English
10th	Terence Pope	N109	82	English
14th	Olive Martienssen	F004	89	English
15th	Margaret MacReady	R18A	72	English
19th	Patricia Payne	R73	88	English
20th	Maria Britz	R30	82	Afrikaans
21st	Rista De La Fontyn	N207	78	Afrikaans
21st	Kathryn Drayton	R23B	76	English
21st	Leonora Rees	F121	90	English
27th	Sheila Carroll	F009	75	English
27th	Leonie Pauw	N204	90	Afrikaans
28th	George De Bruyns	R74	87	English
30th	Gavin Lloyd	F115	58	English



3	Ursula Manuel	H/Care
4	Melissa Francke	CSC
13	Ntombi Phangindawo	H/Care
16	Joan Paulse	Cleaning
16	Mercia Frenchman	H/Care
24	Yvette Hartnick	H/Care
25	Roslyn Brown	Laundry
28	Divine Mitchell	H/Care
30	Roslind Vlotman	CSC
30	Chantel Jones	Coffee shop
31	Patricia Felix	H/Care





August, being Woman's Month, we celebrate a famous female celebrity's birthday. On the 7th of August 1975, in a small town called Benoni in South Africa a baby girl christened Charlize was born to Charles and Gerda Theron. From a young age Charlize showed an interest in dance and modeling. The Theron's family life was not always a happy one. Gerda is known to have suffered much abuse during her marriage to Charles. This all ended very tragically when, in self defense, she shot and killed Charles.

Although dance was her first love, due to injuries, she had to abandon her dance studies and decided to pursue a career in acting. She received an Academy Award and a Golden Globe in 2003 for her leading role in the movie, Monster.



Spiritual Care Program for August 2020

Fridays @ 09:30	Sundays @ 09:00	Sundays @ 18:00
7 th One Hour for Jesus	2 nd Morning Service	2 nd Evening Service
14 th One Hour for Jesus	9 th Morning Service	9 th Evening Service
21 st One Hour for Jesus	16 th Morning Service	16 th Evening Service
28 th One Hour for Jesus	23 rd Morning Service	23 rd Evening Service
	30 th Morning Service	30 th Evening Service

To some of us sharing the gospel, or preaching as we call it, does not come easily. How do we then act on God's great commission, in Matthew 28 vs 19, he instructs us; Jesus, undeterred, went right ahead and gave His charge: "God authorized and commanded me to commission you: Go out and train everyone you meet, far and near, in this way of life, marking them by baptism in the threefold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. I'll be with you as you do this, day after day after day, right up to the end of the age." (MSG)

I am of the opinion that living our lives as God has intended it to be lived, by following the commandment of, "Listen, Israel: The Lord your God is one; so love the Lord God with all your passion and prayer and intelligence and energy." And here is the second: "Love others as well as you love yourself." There is no other commandment that ranks with these, and it will in itself bear a testimony to the salvation work in our life.

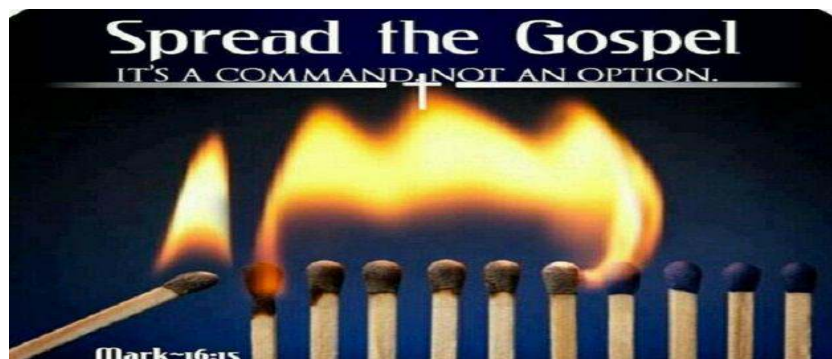
A life lived displaying the fruits of the spirit is bound to get people curious. Qualities of; love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. The thought that you should not be saying more than you should be doing. Let me not be judged by my words but rather by my actions, is what comes to mind.

Surely, if you live in love, then those around you will see and be curious about your lifestyle. Their curiosity will create the opportunities for you to share your life story of redemption and salvation. It is in telling the everyday stories that makes the God that we serve so real and accessible to the ordinary man. We worry about what we will say, but we should trust the Holy Spirit to lead us with the correct words.

We should also take the pressure off ourselves, to save everyone. God, himself, does the saving on and in His own time, He only needs us to plant the seeds. (Jonah 2 vs 9)

Another very practical way of concerning ourselves with our fellowman's salvation, is to continuously pray for them. We hear of countless stories of people who very boldly can attribute their salvation to the persistent prayers of their parents or grandparents. Often their own salvation only happens long after their loved one has passed on, but they know that it is their prayers of intercession that has resulted in their salvation.

Let us continue to be the wheat, as described in Matthew 13 in the parable about the wheat and the tares, stand our ground amongst the tares of this world and wait for the Master himself to do the reaping when He alone knows the Harvest is ready.

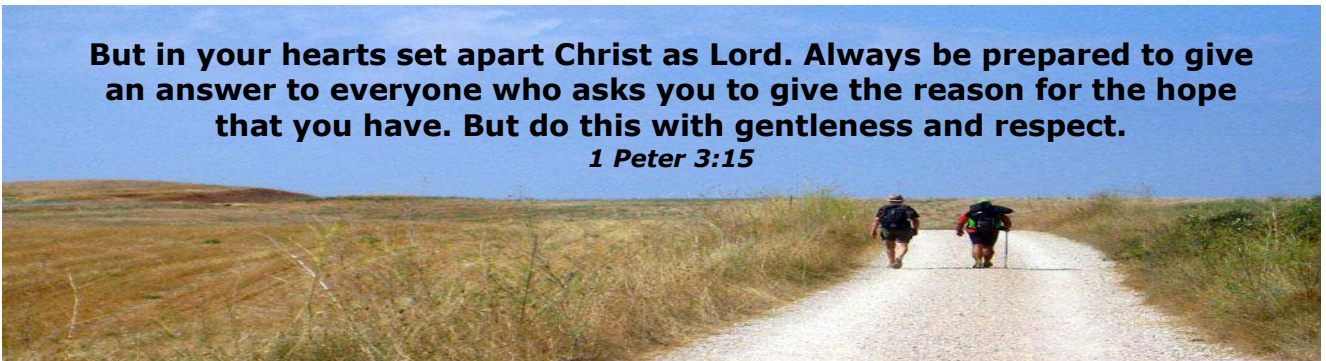


My Friend.....

My friend, I stand in judgment now....
And feel that you're to blame somehow.
While on this earth I walked with you day by day.
And never did you point the way.
You knew the Lord in Truth and Glory
But never did you tell the story.
My knowledge then was very dim,
You could have led me safe to Him.
Though we loved together here on earth,
You never told me of your second birth.
And now I stand this day condemned....
Because you failed to mention Him.
You taught me many things, that's true,
I called you friend and trusted you.
But I learned....now that it's too late
You could have kept me from this fate.
We walked by day and talked by night,
And yet you showed me not the light.
And you let me live, love and die,
And all the while you knew I would never live on high.
Yes, I called you friend in life
And I trusted you in joy and strife...
And yet in coming to this end,
I see you really weren't me friend. (Roy Binedell)

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

1 Peter 3:15



A Lesson From A Special Friend

I first noticed Bill* after a Sunday morning service at church. He was standing on his own, nervously fidgeting with the checked Gatsby beret he was holding. I introduced myself and we chatted for a few minutes. Then Bill left, saying he was going to visit his wife. He attended church fairly regularly after that and we'd often spend time chatting about things older men often talk about...the weather, their aches and pains and the spiralling cost of petrol.

During one of our conversations, I asked about his wife. "She's 'got' dementia," he told me, and was being cared for in a nursing home. When I first met Bill, his wife had been in the care home for some time. Each Sunday, he'd drive through and spend a little time with her. She no longer recognised him and was unable to communicate in a meaningful way, but he faithfully kept visiting her. As I got to know him better, he told me a little more about their relationship. They married late in life and had many happy years together. But the marriage slowly began to deteriorate and his wife eventually decided to divorce him. He tried everything he could to keep the marriage together. But she was insistent – she wanted a divorce. Not long after they separated, Bill's wife was diagnosed with Alzheimer's disease. It was probably the early stages of this condition that affected her thinking and behaviour during the latter years of their marriage. Knowing and understanding this brought some comfort to Bill. But it didn't lift the deep sadness that filled his heart. Things could have been so different.

As sometimes happens, the heartbreak he experienced drew him closer to Christ. It was his renewed relationship with Jesus that helped Bill through this difficult time. The Lord became bedrock under his feet. Slowly his life filled with peace and a renewed sense of purpose. Bill still loved his ex-wife and in spite of what had happened, he continued to do whatever he could to make her life as comfortable as possible. The time he spent with her each Sunday was an expression of his ongoing devotion.

Bill's life touched me deeply. His willingness to let go of past hurts and to keep loving the person who'd caused many of them, was perhaps the most valued lesson he taught me. I don't know how much the visits meant to his ex-wife. But for Bill, Jesus' words; "It's better to give than to receive," became a reality. In his simple and sincere way, Bill not only honoured the Lord, but discovered in Him the source of true peace and joy.

Bill died a few years ago and I somehow ended up with a few of his tools. They're in a small orange plastic toolbox on a shelf in my workshop. My little grandson loves to open the box and play with the tools. When taking the box down for him, I say, "This is Uncle Bill's tool box, he was a good friend of mine."

**Name changed to protect identity*

(Dave Henderson)





Can I Pray For You?

I've been your friend for a while
I know you're hiding behind that smile.
And you're keeping inside tears
That should have been cried.
You've been brave through this trial.
You've been as strong as a stone
Against the stormy winds that have blown.
But you have friends who care,
More than willing to share.
Don't face those troubles alone.

Can I pray for you?
Can I mention your name to the Lord?
When I seek His face, can I plead your case?
That's what praying is for.
I'll help you carry your cross
And find the way when you're lost.
If we'll let Jesus be true,
I know that He'll see you through.
Can I pray for you?

I know that there'll come a day
When I have trials and need you to pray.
Just like you've done before.
You'll mention me to the Lord
That's why I'm here to say,
Let me be there for you,
We'll divide all your problems by two.
And very soon there'll be three,
You and Jesus and me.
That's what friends are supposed to do.

(Mark Bishop)



Our God Reigns!!

Since the start of Lockdown the residents and staff committed to meeting daily, at midday, for prayer. These prayer sessions are facilitated in the various decentralized lounges. Residents are encouraged to pray in their rooms if they prefer to. Even through the strictest isolation we combined as a community to seek God's wisdom and guidance through prayer. ***The residents who meet in Bobbie Liebenberg lounge put together Ten Lessons they have learnt during Lockdown that they wish to pass on to the next generation.***

1. During challenging times you need to exercise **self discipline** and obey the rules/protocols.
2. You can make all the plans you would like but in the end **God is in control** and His plans will always succeed.
3. **Family is important.** Even without physical presence just knowing that your family are just a call away to encourage and assist when needed makes the challenges at a time like this more bearable.
4. **Be content** with your circumstances knowing God is in control.
5. During isolation one has more time to be still and experience **revelation through the Word of God.**
6. **Prayer of Faith** can change any circumstance/situation you may be facing.
7. God's **faithfulness and grace** is sufficient for each one of us in every situation.
8. **Love one another** as Christ Loves us.
9. **Guard your tongue.** Build people up instead of breaking them down.
10. Life is precious. Do not take it for granted. **Count your many Blessings!!**



Why Zinc Is Important For Your Health

This mineral plays an important role in cell production, creating new cells all the time.

Zinc boosts your immune system, encourages wound healing and guess what, it helps protect against vision loss. Be careful how you take it, as high doses can depress the immunity, and moderate doses enhance immunity.

Zinc becomes a key component to antiviral support regimes, in this time of the corona virus pandemic. Studies have shown that Zinc has the ability to slow viral replication and may help protect the body from becoming overwhelmed.

Be cautious that steroids and anti inflammatories like Ibuprofen (Brufen) are at risk for Zinc deficiency. Best plant sources of Zinc are legumes, beans, black eyed peas, lentils and whole grains. Grass fed red meat and cooked oysters are good animal sources. Dairy products and other foods high in calcium can decrease Zinc absorption, while protein rich foods can enhance it.

Zinc dosage must be under 30mg daily, unless otherwise advised by your doctor.

Enjoy your Zinc intake!!!

(Sr. Muriel Mapling)



12 Foods High In Zinc



Benefits of Vitamin D

Researchers have discovered that low levels of Vitamin D increases the risk of Covid-19 infections. They believe that Vitamin D plays a major role in the modulating our auto immune response, and prevents it from becoming dangerously overactive.

It is suggested that having optimal Vitamin D levels, could protect patients with Covid-19 against severe complications, and could even cut the death rate in half. So Vitamin D deficiency might play a role in Covid-19 deaths.

Vitamin D assists calcium and mineralization. It supports the immune system, number of serious rickets and bone diseases). protection against psoriasis, multiple arthritis, cancer



in the absorption of promotes bone also supports the protects against a diseases including osteomalacia (both Vitamin D provides hypertension, sclerosis, rheumatoid and influenza.

(Sr. Muriel Mapling)

The Sound of Silence

Paul Simon and Art Garfunkle wrote their well known song...“Sounds of Silence” in 1965. It's a song about the inability of people to communicate with one another in a meaningful way. Although we talk to one another a lot, we often don't 'hear' what others are saying to us, and they sometimes don't 'hear' what we're saying to them. Like the lyrics of the song we're...

***"People talking without speaking
People hearing without listening.."..***

This lack of thoughtful attention to what's being said, often leads to misunderstanding and frustration. Taking the trouble to listen not only to the words others say, but also to the message they want to convey, is important. Without it, our relationships remain shallow and empty.

There is however another form of 'silence' that makes communicating with others quite hard to cope with...physical hearing loss. Losing our hearing can have a big impact on our lives. It's not uncommon for people to become withdrawn and isolated as communication becomes harder. Activities and social life can get more difficult, leaving us feeling excluded from life around us. The missing out on everyday sounds like music and traffic, or the laughter and good-natured banter of others, can leave us feeling lonely and insecure.

Hearing loss is an inevitable part of life as we get older, but we often refuse to accept the fact that we struggle to hear what people are saying. “WHAT was that?”, or “I wish you'd stop mumbling!”... we say. This frustration is often a two way street, as evidenced by the 'eye-rolling' and 'face-pulling' as people try and pronounce their words more distinctly. As hard as it is, it's therefore better to admit we're not doing too well, and find out what can be done to improve things. This change of heart will reduce our anxiety about our hearing loss, and make those around us a little more considerate.

There are ways to improve your quality of life as your ability to hear diminishes. You may want see a licensed audiologist or ENT specialist who can help you learn more about:

- Hearing aids or cochlear implants
- Support groups in your area
- Additional medical checkups that may be helpful



If you're the spouse/child of someone who is experiencing hearing loss, there are ways you can assist them:

- Turn down background noise, like the TV or dishwasher
- Call or say their name before you start talking
- Speak slowly and clearly. Raising your voice can distort the sound of your words
- Face the person when you speak so they can see your mouth and gestures
- Try to talk in areas that are well lit, quiet and calm.



Any improvement in our ability to hear what's going on around us can dramatically improve the quality of our lives.

Keith is in his eighties and has for years suffered from severe hearing loss. Things got so bad he eventually stopped seeing patients and retired from his practice as a medical doctor. Hearing aids hadn't help and he found himself slipping further and further into social isolation. He tried to avoid family get togethers. As animated conversation swirled around him, he'd withdraw into the loneliness of his silent world. Even his devoted wife found communicating with him extremely vexing. In desperation he began to consider the option of cochlear implants. In spite of his age the Tygerberg Hospital Audiology Department agreed to perform the procedures. Their assessments showed that he'd benefit from the implants. The operation was a success and once Keith had learnt to understand the digital sound's the implants produced, voices and music began to fill his world again! What a happy and transformative experience this has been for him and those around him.

For various reasons, cochlear implants may not be an option for most hard of hearing people. But the reality is that any improvement in our ability to hear no matter how small, brings with it great benefit to the overall quality of our lives and of those close to us.

If you'd like to find out more about hearing loss and its treatment, the following websites offer plenty of useful information:

<https://www.earinstitute.co.za/frequently-asked-questions-about-cochlear-implants/>

<https://www.westerncape.gov.za/facility/deafsa-western-cape>

(Dave Henderson)

In this time of a pandemic where the wearing of a face mask is compulsory in public, we need to spare a thought for the hearing impaired, who depend on lip reading and facial expressions to communicate and feel part of society. Thank you to the designers who considered this with the following mask creation.



We have also been exposed, more so during this time of extensive news coverage on the Covid-19 pandemic, than ever before, to the person in the little box on our television screens. Sign language interpreters are becoming part of our daily lives, and we don't necessarily understand the complexity of the skill. I was surprised to learn for example, that signing a basket to an English audience is very different to the way you will sign it to an Xhosa audience. Since sign language seems more graphic or animated I would just have assumed a basket is a basket and should therefore "look" the same in any language, guess we learn something new every day. There is a great lobby to having Sign Language declared the 12th official language in South Africa.



Augustus / August 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
31 07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	Tuesday's & Thursday's Shopping Only when Lock Down is lifted Church Services in the Hall every Wednesday @ 09:45 Fruit & Veg Lorry Wednesday's @ 11:30 3rd August 2020 Friends Meeting in the Hall @ 15:00 9th August 2020 Women's Day 10th August 2020 Public Holiday 17th August 2020 Garden Club Meeting in the Hall @ 16h00 28th August 2020 Bring & Braai @ 18:00	
3 07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	4 09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	5 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
10 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges Public Holiday	11 09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	12 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
17 07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	18 09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	19 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
24 07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	25 09:30 Shopping if Lock Down is lifted 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	26 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
6	7	8	9
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Women's Day
13	14	15	16
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
20	21	22	23
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
27	28	29	30
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in N108	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied

Urine Incontinence

Incontinence is simple the involuntary leakage of urine, so sufferers urinate when they don't intend to. This is also called bladder weakness, and can be life changing.

Types & Causes

- ❖ Stress Incontinence
 - Most common type, particularly in woman who have given birth or in and after menopause, due to the weak pelvic floor muscles
 - Only small amounts of urine leaks when the sufferer sneezes, laugh, cough or perform heavy exercise
 - It is also common in overweight people, and in men if they have been treated for prostate cancer
 - The pressure on the bladder is just too big for the controlling muscles to withstand it
- ❖ Urge Incontinence
 - The bladder is either under or over active
 - In an instant the bladder wall contracts and you need the toilet immediately
 - The urge is strong and you can't control it, urine starts leaking involuntary
 - What causes urge incontinence could be anything from sudden change in body posture to hearing the sound of running water
 - This causes the need to go to the toilet frequently, including waking up during the night to do so
 - This can also be caused by the damage to nerves and muscles of the bladder, where the bladder muscles gives incorrect messages to the brain, making the bladder feel fuller than it actually is
 - People suffering from Parkinson's Disease, Multiple Sclerosis or after having suffered from a Stroke or Spinal Cord injury can also experience this type of incontinence
- ❖ Overflow Incontinence
 - This type of incontinence is more common in men with Prostate problems, or those with a damaged bladder or urethra
 - It happens when there is an obstruction to the flow of urine, so the bladder does not empty completely
 - Pressure builds up behind the obstruction and affects the bladder's normal emptying mechanism, giving you the feeling that the bladder is never empty, and you have to urinate often, but a little at a time
- ❖ Functional Incontinence
 - Nothing is wrong with the bladder, but other obstacles stops the person from going to the toilet on time
 - The obstacle can be anything from poor mobility or eyesight to confusion or dementia
 - This type of incontinence is most prevalent in the elderly and those persons who have difficulty thinking, moving and communicating
- ❖ Other types of incontinence do exist, and can include bedwetting, birth defects or injury to the urinary tract or bladder.

Lifestyle Changes

- ❖ Drink liquids in moderation, but do not restrict your fluids, otherwise you can become dehydrated. Limit caffeine in tea, coffee, etc as it is a diuretic and can cause dehydration
- ❖ If you are overweight, shedding a few kilos will ease the incontinence
- ❖ Train yourself to visit the toilet when you really need to, rather than just in case

- ❖ Avoid constipation as it can stop the bladder emptying completely and properly, and cause overflow urinary incontinence
- ❖ Kegel or pelvic exercises may help to strengthen the pelvic and bladder sphincter muscles, which assists with bladder control

(Sr. Muriel Mapling)



Remember that there are products readily available on the market that will assist you in managing the effects of urine incontinence.

- ❖ Absorbent pads-These pads are similar to the ones used for menstrual periods, except they can hold more fluid. Incontinence pads stick to your underwear and absorb urine and odors.
- ❖ Incontinence panties and briefs-These products have an absorbent pad built into a pair of briefs. Some types of bladder control underwear are disposable. Others are washable and look like typical cotton underwear.
- ❖ Protective pads-You can place these bed pads over your sheets to prevent you from having to change the bed if you leak during the night.

Remember that this lifestyle change/adaptation can be very difficult; be patient and sensitive to your loved one's emotions!



For more information and advice on incontinent product choices, suppliers and prices, speak with Tarryn, our Nappy Administrator, on Ext.1018

A Pandemic of Another Kind – Gender Base Violence



A sad day isn't it, but then again every day is sad, when one reads of how women are violated indiscriminately with no thought that women's lives matter, girl child lives matter and human lives matter. With these sad words I wish to introduce the topic of women and the tragedies women and girl children are experiencing. The pain and the suffering, yes the bloodshed of our woman forms the backdrop to this year's Woman's Month-August-in which we choose to seemingly celebrate woman.

In 1956 women also suffered, but then they rose up with the slogan "you strike a woman you strike a rock". This same slogan has been inverted to now become the following: "striking a woman you strike one who is so vulnerable". Women are not able to defend themselves, they have become lesser beings to be abused, to be raped, to be robbed, to be maimed and to be murdered. The story goes on, gruesome accounts of tragedies is reported on everyday – but, it is not only the accounts that is painful to read or hear about it is also the question of those that commit these atrocities -what is it that drives men, yes all men, because our silence means our approval, to exercise such violence against our fellow human beings? A question that we do not have immediate answers for!

During Woman's Month we are reminded of our grandmothers, of our mothers, of our sisters and daughters. We are reminded of their worth, their dignity, their commitment to give so much of themselves for humanity to succeed. It is a month where we embrace the memory of women who have contributed to humanity. It is in this month that we hold them that are around us and nurture those girls that are the future. This is the month of blossoming love and appreciation, of protection, of comforting but most of all it is a month of respect - giving and receiving and creating opportunities of reciprocity when engaging in the exercise of respect.

While we are reminded of the horrid realities we are also reminded of this month that provides us with so much to hold onto. And in this spirit we will and must celebrate Woman's Month.

As we celebrate women - let us join the chorus of protest voices against gender based violence. Let us make it a principle within our homes, on our streets, in our churches within the communities where we reside, to respect as a basic act of decency.

No-is no! No-to violence! No-to abuse! No-to rape! No-to destruction of women's privacy!

Yes-is yes! Yes-to embracing such a special part of God's creation our girl child, our women! Yes-to treating them with more than just respect-with the tenderness with which they preside over us and let us hold them in full embrace!

And as we proceed through this month it is my prayer that the month will become a year and the year will become a lifelong way of journey with women, in honour of women. We will have to move from a society of patriarchal domination to equality, to respect, to an appreciation of the other.

My prayer is that the community of PlumRus will continue to grow from strength to strength as they continue to endeavour to uphold women as a central part of their vision of caring, and protecting the most vulnerable of society, our seniors.

(Derrick Marco)

A Stroll Around PlumRus

This touristy guide is not for the fast walkers. This is a 'stroll, peer, stroll on again' suggested walk.

A good place to start is out of the back door where the water tanks are. Take a close look at Tannie Baby's garden with the little cacti and pretty flowering plants with shells interspersed around them. The magic is in the detail ! Hidden by the parked cars from the outside, but look at the flowers and plants under the South facing passage windows – lean out of an open window and breathe in the scents ☺.

Head along the path past the sub station – perhaps someone could throw some Cosmos or Poppy seeds to cheer up this corner!

Now we are going along the path with the neat grass verges and Acacia trees. Look across to Citadel apartments – generous balconies facing South – what a view they must have; especially with the snow on the W Cape mountains!

Sit awhile on the memorial white bench dedicated to Jack Slabbert. A wonderful view from there, to see who is coming to the guard house. Look up at the Citadel North facing balconies – sometimes you will see a pair of feet resting on the edge. Wave to the people – they might just wave back, or not! You will of course be teased by other strollers joking "Waiting for the Bus"? Once I sat very still when the local guinea fowl flock come pecking and scratching past. The detail on their feathers and colourful heads is amazing, seen up close. Listen for the birds scrubbing about in the Agapanthas. Sometimes a sugarbird will visit one of the red hot pokers.



At this point you could admire the waterwise plants shaped like fans or cones or plain flat on the ground – really look at the vygies and the fynbos corner near the coffee shop – there are Proteas!

Alternatively, you can cross over to the parking area path, take a minute to admire the Citadel block, it is wonderfully laid out with paving and stylish palms and shrubs. You'll imagine this is like a posh hotel fronting St Tropez! And we are next door!

Now this is perhaps the best part – the gardens in front of Plumrus North: banks of lavender, crush a tiny frond between your fingers under your nose, it is an aromatically healing fragrance. It is said to lower your blood pressure wonderfully. The flower beds to your right are individually cared for by Plumrus North residents. Hollyhocks an unusual plant, is a delight to the eye. There are pale daisy shaped stepping stones leading to a watering can dripping a string of glass beads, and a secret blue and white teapot. Great-grandchildren will be thrilled to listen for garden sprites and pixies darting under the broad leaves. Stop and admire the elegant lady statue near the gate.

Head up to the Western boundary past all the parked cars – there is a nice wooden bench on which to take a rest. While you are gazing at the Plumrus North block and Citadel in the distance, Bernie and Carol will come past athletically striding out and giving a cheery greeting as they flash by cos they are doing another 30 laps round the complex! Next to the wooden bench at the end of Mountain View is a yellow wood tree which was donated to us. The Garden Club know how expensive they are and therefore what a great gift it was!

Now you're walking along the path flanking the Constantia MedicClinic car park and ourselves. On the corner you will see the "afdak" that the maintenance team is

constructing, there is always something new going on! Pass the wendy houses and garages, (Malherbe's Workshop – there must be a story there) - turn left and past the wash line you will come across a delightful pond and wooden screen and rockery. Whose lovely work is this? I have since been told it is Johan van Zyl and Sr Essie's garden. Pass Nono's Laundry and you will be cheerily greeted by the staff as you carry on back past the cars to the door from where you began this circuit. Take a look at Sarel's Legacy – the shed housing the JoJo tanks. The workmanship is impressive! (Don't touch the pump!) But you can listen to the redwing starlings sing to you in the trees before you turn in at the door, or, go round again! Why not?

(Vivien Spires & Di Slabbert)

FOREVER IN OUR HEARTS

Covid-19 with all its lockdown restrictions, has taken away the opportunities of honouring our loved ones when they pass-on, during this time. Family gatherings, funeral and burial services, the opportunities of sharing memories, are now not possible. We have had a few of our beloved residents pass-on (by God's grace, not one as a result of Covid-19) during lockdown. Families have the opportunity of ensuring that their loved one's memory lives on with us here at PlumRus by donating a bench to be placed in our beautiful gardens, in their honour, for our other residents to enjoy. Contact Rhodene on Ext. 1020 for more information.

Our friends at AVBOB have introduced the Memories Multi-Channel Platform, to allow clients, whether you have a policy, or not, to remember their loved ones by producing their own video memorial in their honour. Visit their website on; www.avbob.co.za/product/funeralservice for more information.

DID YOU KNOW?

Oldest known trees

The olive tree is a slow growing tree and is known to be centuries old, some dated to 2000 years. Reaching the age of 200 the trunk disappears, shoots appear at the base of the trunk and eventually grow into a new tree, hence the olive tree is known as the immortal tree.

The olive tree is one of the most beloved, sacred trees and its place is firmly rooted in Ancient Greek tradition and mythology. Traditionally, the olive tree is a symbol of peace and friendship. Over the years, the olive has also been used to symbolize wisdom, fertility, power, and purity. The olive was one of the main elements in ancient Israelite cuisine. Olive oil was used for not only food and cooking, but also lighting, sacrificial offerings, ointment, and anointment for priestly or royal office. One hundred grams of cured green olives provide 146 calories, are a rich source of Vitamin E and contains a large amount of sodium. However, not everybody likes the taste of olives!





Dear concerned members of PlumRus,

I trust and pray that all manner of things shall be well!

Aunty Bertha is full of life in a very animated and loud spirit that warmly rays outwardly from her smile and laughter. She so much wants to get better from the daily pain of sore knees and feet, which of course is aggravated by our Western Cape winter cold. I do believe she is trying her best, hence a request for a walker so she may painstakingly make small steps toward exercising.

Needless-to-say she is so happy with her walker and struggles in expressing that joy abundantly, so much so that her words just roll over one another with excitement.

Once again, I am deeply indebted by the ministry of care at Plumrus to the poor and frail as you reach out to them in ways that are possible.

In the Joy of Christ our Pain-Bearer

Father Mark Vandayar
(St Mark – Anglican Church – Lavender Hill)



We Say Thank You Too

As part of their Mandela Day outreach program, the learners at Reddam House Constantia delivered 86 sweet treat gifts packs for our residents. We were able to share their gifts with our residents in Health Care. We pray that God will continue to grow in them this spirit of compassion for the elderly. **The best way to remember is to make a meaningful difference!**





Two of our oldest residents (Mrs. Osborne & Mrs. Warner) celebrated their 97th birthdays at PlumRus during July. Mrs. Marie Boshoff celebrated her 90th birthday with a few friends in the coffee shop.

Very encouraging & scientific message about Senior Citizens:

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age,

said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE.

Now when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment". Now, I'll say,

"My disk is full!"

I have more friends I should send this to, but right now I can't remember their names.

So, please forward this to your aging friends; they may be my friends, too!



Pls read!



The Coffee Shop Team, lead by Noelwene, have been doing a sterling job throughout this lockdown period. They have kept us all well stocked up on our essential supplies, ranging from basic toiletries, perishables and sweet treats. The "lockdown kilos" have been piling on as a direct result of their delicious home bakes. The carrot, chocolate, lemon, pumpkin spice cakes as well as the newly introduced scones have been the perfect comfort food we have all needed at this time.



There is always something new brewing, and we look forward to the specials on the menu, including the wholesome soup. The coffee, hot chocolate, and yes even in this cold weather, the milkshakes continue to be a hit with everyone.

Thank you for your efficient delivery service to the comfort of our rooms while we were in isolation.....and you all did this with a SMILE on the face. We look forward to welcoming our family and friends back in the not too distant future, so that they too can indulge and we can spread the kilos more evenly.





(Vivien Spires & Joan Findley)

Our well stocked DVD library has been very busy over the last four months. Lockdown and the cold weather has been extremely conducive to movie bingeing. We thank all the volunteers who assist with the running of this much enjoyed facility at PlumRus. **We appreciate you!**

The below review was done by Vivien Spires.

The Road Home

I must warn viewers that this DVD is all in *Chinese* – no sub-titles, no dubbing into English. Why I recommend it is that the story, scenery and acting is entrancing and the story is downloaded from an English translation on a sheet of paper I put into the case. Not having the English lends the unfolding drama a special authenticity and you really learn something about the unique culture and care about the characters.

Gone With the Wind

This is a film you can see a trillion times and still be swept up in the drama. This restored film (1939) with beautiful soaring soundtrack is a good 3hrs long, so you will need to plan your viewing over a whole afternoon!

It is set in the American Civil War – the startling romance/drama between Rhett Butler and Scarlett O'Hara and the plantation owner's passion for land and heritage is what drives this historical drama along and keeps you sitting forward wondering how it will all end.

Breakthrough

Peppi Gleesen asked me if the DVD library has any **modern** movies seeing we have so many 1980's and 1990's donations. Ha ha!

Well this is a 2019 production, a gripping tale based on a true story, of an ordinary American family who are drawn into an accident at a frozen lake involving their only child. The part of the mother is played very convincingly and shows how her faith is kept going in the face of impossible odds. I was left so inspired by the story that I put gold stars all over the case! I hope you will agree!

Vriende Van Die Bejaardes

Geseënd is hulle wat altyd verstaan
As ek bewend moet tas, of struikelend moet gaan,
Wat weet dat my ore met moeite kan hoor,
Dat ek maklik die draad van die storie verloor.
Geseënd is hulle wat self somaar weet,
Dat my oe al swak is en ek maklik vergeet.
Geseënd is hulle wat "kastig" nie sien
Dat ek koffie gemors het toe hulle my bedien.
Geseënd is hulle wat lus het om te wag
Terwyl ek vertel het van my eensame dag
Wat nooit sal vergeet of humeur verloor
Al vertel ek die selfde ou storie weer oor
Geseënd is hulle wat deur die newels kan dring
Om gister weer helder na vore te bring.
Geseënd is hulle as hulle my op my oudag laat voel
Dat hul liefde en agting op reg word bedoel
Wat die las help verlig met hul liefde vir my
Op my skof wat my eindelijk HUIS _TOE sal lei.

Dankie

vir al jou omgee



Afrikaner trots !

Ek is vry, ek is los,
ek is sterk en ek is trots.
Ek gee om en help waar ek kan,
ek gee nie op nie maar maak 'n plan.

My volk is klein,
maar groot in gees.
Om kampvure en samesyn,
dans my leiers se skaduwees.

Koffie, kampvure en bosgeluide,
Beskuit, Bobotie en Biltong.

Dit is wie ek is !
Afrikaans en Trots !



